

Transcription: Moni Aizik – Multiple Attackers

Jeff: Facing multiple attackers is one of the most life-threatening encounters you could ever find yourself in. But although most training is done with a heavy focus on one-on-one attacks, the reality is that most criminal attacks aren't one-on-one. Whether you're targeted by smart gang members who realize that swarming you in numbers makes you an easy victim, or someone's buddies jump in to help him out when you're forced to defend yourself from the average drunken fool, you better be prepared to fight back effectively.

Frankly, despite how easy it looks in the movies to take out a bloodthirsty gang of thugs Jason Statham style, your best defense is to escape the area as quickly as possible to put the danger behind you. Unfortunately, you may not have that option. And if you're cornered with no escape and no choice but to fight, you need to know what tactics will get you killed and which ones will get you home safe. That's why we're here today.

Hello, everyone. This is Jeff Anderson Editor for *Modern Combat and Survival Magazine* and Executive Director of the *New World Patriot Alliance*, with another podcast to help you better prepare for any threat you may face in your role as a protector and a patriot.

Joining us in this episode is a longtime network instructor—actually, one of our first instructors ever from our network, over 12 years ago—and my friend, Moni Aizik. Moni, welcome to the program man. It's good to have you.

Moni: A pleasure to see you again, Jeff.

Jeff: You too, man. I can't believe it's been over 12 years now. What really makes me mad is that you don't look like you ever age at all. It's really pissing me off, frankly. I know you've got the CKM FIT program. That's a fitness program that you have. I don't have that program, but I'm just hoping rule number one is something like mint chocolate chip ice cream or something. I want your secret to be something I can actually do. But anyway, it's really good to have you back on here.

Listen everyone, if you haven't heard any of our previous—it's been years now. So if you've been with us for a long time, you may have heard some of our other conversations that we've had with Moni on this stuff. But Moni is the founder of the Israeli-based fighting system, Commando Krav Maga, and a leader in providing real hand-to-hand combat and weapons training to the most elite commando units and SWAT forces in Israel and around the world. Moni's Commando Krav Maga survival system is based on crucial and straightforward moves that you must know to save your life in a real street fight.

Moni started out training in Judo and Jiu Jitsu at the age of eight, and throughout his youth virtually dominated Israel's competitive scene, winning national titles seven times. Deciding not to try for an Olympic birth in his late teens, he opted instead to shift his energy to becoming a member of one of the most clandestine and sophisticated military units in the world, responsible for counter-terrorism and intelligence-gathering behind enemy lines.

In the '70s Moni was asked to improve upon the Israeli army's existing hand-to-hand combat system, using his extensive knowledge of reality-based Jiu Jitsu and competitive Judo, specifically for the use of their special forces. Blending the lethal trinity of Krav Maga, Jiu Jitsu, and Judo he founded this new system, eventually calling the civilian version Commando Krav Maga.

You can learn more about Moni and his training at www.CommandoKravMaga.com, and also CKMOnline.com, which is his new online university where you can learn right on your computer how to defeat average and above average—actually, dangerous street fights.

But this time we're talking about multiple attackers. So Moni, we've been talking about mindset a lot when it comes to street fights, street attacks and things like that. Especially when it comes to multiple attackers, that's a really critical topic. Because I think a lot of people, they just figure that their best defense when they're overloaded, when they look and see that they're facing multiple attackers, that there's too many of them. There's just no chance in fighting back. There's no chance of me beating them. So my best chance is just to roll over, roll up in a ball, curl up and just pray that they don't kill me. And at some point they'll realize that they don't need to keep beating me.

The problem with that is I've seen real gang fights, where once people get in that adrenalized mode they just keep kicking you when you're down. They don't stop, and they don't realize necessarily how frail the human body really is if you just hit one really bad spot. You can literally just kill somebody.

So here's my question for you. When someone has no choice and they're facing two, three, four or more attackers, how can they build up their combative mindset, so they don't defeat themselves before they even have a chance to defend themselves?

Moni: I think that first they have to understand what fear is, because they're going to fear at that moment. Understanding fear and what the fear does to your body, from adrenaline rush to the fact that you might freeze and so on, that will help you first to not be in a vulnerable position right from the beginning.

So what we do in our system, for high levels, we teach them what fear is, and we teach them how to deal with fear and pain. Because this is number one. You need to be in the mental state, that you know that you're going to feel a little bit weak in your legs and

sweaty and unable to focus and tunnel vision, and all the things that we know that happen in reality. But if you don't understand what's happening to you, you might actually go to, "Oh hell, something's wrong," and you actually go into defensive mode.

In fact, what you have to remember in this situation is all about surviving. And the only rule in this situation is that there are no rules. You have to basically break through and find a way to survive. This is an excellent question, because we live today in an era that there are so many ways for you to actually see what's going on. Not in the dojo. Not in protective environments.

Actually, you can get videos of real case scenarios that's happening all around the world. I'm very connected to many law enforcement, and so I'm getting probably anywhere between 20 to 30 videos of different subjects to do with things that happen in the street. But it's real things that's happening in streets. So if you take that, analyze it and learn it, you will learn that there is not one single scenario. There are so many different factors that you have to take into consideration.

For instance, were they two, three, four people? Are they right in front of you? Are they semi-circling you? Are they surrounding you? That's number one. Number two, what I learned from our experiment, and we did a lot of experiments, no matter what you do, if you stay too long between people, no matter how strong you are—you can be the world champion in Muay Thai or Judo or Jiu Jitsu—they will get you. They will finish you. They will get you. There is no question.

So no matter how strong you are eventually they will get you, and there is no question about that. So for that reason, what I analyze is number one you cannot and never go to grappling mode and go to the ground. It's never going to work. You have to stand on your feet and be all the time in maneuver situations. Using strikes. Using anything you can do to try to either finish or arm one person at a time. But definitely you have to break through and use your fitness to run away as fast as you can.

Jeff: I've seen a lot of your videos, and one of the things that you really stress to people, you put people—you choke them out. You show them what it's like to actually lose consciousness sometimes. God bless the people that are out there training with you, your training partners there. Because you really do show them this is what it's like. This is what a real attack is like.

So you're saying that helping them to experience that fear in their training makes it more realistic, helps boost up their confidence. So that when they see three attackers in front of them they already have some sense of, okay, yes this is fearful. It would be kind of stupid not to have some sense of fear when you're facing three attackers in the street. Right?

But they're already experiencing it from the training. So that experience makes it so it's not this foreign concept to them, or this foreign mental gymnastics they have to go through which is unknown to them and they just shut down from there.

So you're saying really the realism of your training goes a long way toward building up your confidence. Right?

Moni: That's true. It's exactly right. In fact, also pain is very, very important. Because imagine that you want to be the best boxer in the world, the world champion in boxing, you cannot go to become a world champion in boxing without being punched in the face a few times. Or if you want to be a Judo champion, you cannot be a Judo champion before falling on your butt for so many times, or your back side.

So you have to experience things in order to understand that this should be a fuel that you have to take and continue and overcome, and understand that this is normal. So many people train in such a way that they never experience pain, never experience fear, and they think that they can handle a street fight. It's never going to happen. You have to understand what fear is and you have to understand what pain is. We don't do it with beginners. We do it with high level. And it's amazing, because as soon as they go through that they understand it better and they will be better prepared for the street.

But again, multiple attacker is a very important subject. There are so many variables that can happen. So I'm trying to put myself in a situation, that if I was there in any situation, four people would stand in a semi-circle around me and start to hustle whatever it is. If verbally I was not able to diffuse a situation, I'm probably going to break through the weakest person first. I'm going to break through and try to escape, or we call it disengage gracefully.

You have to do what you have to do to survive. That's a reality. There are no secret recipes that you can give to people. There are so many different things. Definitely you don't want to stand there and choke one at a time. So if at all, striking will be way more applicable in a situation of multiple attackers, as opposed to one-on-one situations.

Jeff: **Let me ask you this, Moni. One of the most debated combative questions out there when it comes to multiple attackers is, who do I strike first? I've seen articles, I've seen videos and I've seen lots of different ways that people have a different take on this. Some people say, well, attack the leader of the group and the rest of them will just give up and run away. I've seen attack the loudest guy in the group, because he's probably the biggest bully but he's also the one that probably he's loudest because he doesn't really have the skills to match it up. I've seen attack the person who's armed. I've seen a whole bunch of different things.**

I understand that it's going to be situationally-dependent. Right? But when posed with that question—if somebody were to ask you, if there are any general principles or general tactics that you have for who to attack first, once you decide that I'm not going to be able to talk my way out of this, I'm not going to be able to escape out of this, I've got to fight—I ask you the question. What principles do you have for who is the best person to attack first?

Moni: Actually, I have two answers for that. Because you said, it really depends on the situation. But if you identify that the leader is extremely dominant and everybody looks up to him, and you see that, maybe it will be a good idea to actually strike him first, to knock him out first. And then when everybody for a second or two are trying to understand what's going on, you break through. But if you don't identify who is the leader, and it looks like you have three or four loudmouths around you that are basically screaming and so on, look at the weakest one that you can break through and run away. And knock him out, and go out through the corridors that you're going to create.

Tactically there are so many different things that we teach. I'll give you some tips. For instance, if you stand in front of somebody that you think that he is the leader, you can say to him, "Hey, listen man. I'm sure that you are strong enough to fight man-on-man, one-on-one, you and me." He is in a very, very, very touchy situation now. He's in front of friends and cannot say, "No, no, no. Let's fight all of us against you." Right? So if you go to the side to fight with him, maybe then you will have an opportunity to run away, or to knock him out and do something.

Two, if they're about your money, pull the money out but throw it to their face. Let the money be spread all over the place, and let everybody be in a callous for a second. Run away. Something with keys, anything else. But definitely improvised weapons, striking, maneuverability and being able to break through this circle or semi-circle as fast as you can. Identify which direction you have the best way to rescue yourself.

Not an easy and not one answer. It's really a very complicated issue. It's like if I take somebody and tell them let's play chess, there's a variety of options that you can do in chess. It's such that there is no one way. There are so many different ways. It really depends on the tools. Which part is each one of the pieces standing, and what is the strongest part that you have to take. The same thing with multiple attacks.

Jeff: **Yeah. I love it. There's some really great tips in there. I really like especially it's not necessarily always the person—you don't go off of the loudest or things like that. But if you see, for example, that the exit is off to your left, even though the loudest or the leader, or whatever guy, might be off to your right-hand side, your best attack strategy, your best chess move, might be to attack that guy that's closest to the door, get him behind you so that people might trip over him or whatever, and get out the door and get away from it. So I love it. There's a lot of great tips in there.**

We've been talking with Moni Aizik of CommandoKravMaga.com about how to keep multiple attacks in a real street fight. We've got a lot more coming up for you including: **Moni's best tips for close quarters tactics to end the fight fast, even against multiple assailants; moving and fighting at the same time, why it's critical to your survival; and how to move when you're being swarmed by a bunch of thugs; and finally, how to train the right way for a multiple attacker scenario, even if you don't have 12 training buddies who would love nothing more to do on a**

Friday night than try to beat the hell out of you. All that and more coming right up after this special message.

We're back with Moni Aizik of www.CommandoKravMaga.com talking about the most effective tactics for defeating two, three or more attackers in a hand-to-hand combat scenario. We're just getting warmed up and we have a lot more to get to, so let's go ahead and jump back into our interview now.

Moni, against any attacker our goal is always to end the fight as quick as we possibly can. But it's even more critical when you're talking about multiple attackers, because you can't sit there and dance around with all of them, trying to fight a bunch of people all at the same time. I know you've got a ton of various different tactics. There's different moves. There's different techniques that you have in your Commando Krav Maga system that are out there.

But for what we're talking about with trying to end the fight really, really quick what would you say are the—any time you have two people or more there, even if you're in a parking lot it instantly becomes kind of a close quarters combat scenario because they can lock you in there. So you might not have a lot of room for all these fancy far away kicks and things like that.

So if you could, what are a few of the best close quarters fighting tactics that work the best against multiple attackers?

Moni: One is using a preemptive strike. A preemptive strike will be even to justify the situation that you have with multiple attackers. Because you're surrounded by four, five, six people and you fear for your life. You can break through using the first step yourself. Many people really hesitate to be the first one, because we keep teaching people respond to and don't be the first one because you're going to face the court at the end of the day. But with multiple attackers it's different. You have a better chance in a court. This is something that people have to understand.

So definitely strike first. If you feel that this is going to go bad, strike first and learn how to do knockout. You need to know how to knock out people. You need to know which point around the head, around the body that you can actually knock out some people. We are not talking about magic touch. We're talking about a real way to knock out people. Know how to strike properly. Know how to do it in a continuous way, moving from one to another, and being able to survive.

In fact, I watched one of the videos of somebody that was, I think in Turkey. I will send you the video. It's really interesting. It was a big guy, but he'd been attacked by maybe 20 or 30 people. It was crazy. The guy really refused to go to the ground. They tried to pull him to the ground. And he was striking one at a time, and kept running between the cars and kept striking, and somehow he survived it.

So the idea is not to stand in one place, to run out, to knock out, and knock out one at a time and keep moving. Of course we have to always try to maneuver in ways that we

line them up and so on. But it's easier said than done, because in reality it's almost impossible.

I'll give you an example. When I was teaching mixed martial arts. And I was teaching mixed martial arts for years, and some of my students became world champion. Carlos Newton became the UFC champion. He was my student. Carlos Newton being attacked one time in one of the clubs in Toronto by a group of young people. The reason is he was trying to help some guys that they were attacking, and they jumped on him and started attacking.

So he was actually dancing around and knocking out some people, and jumping on the table, jumping on the chair. Eventually he ended up in the hospital with punctured lungs because somebody stabbed him from the back with a knife. He couldn't do anything. There is no way he can do anything. So yes, he was actually able to beat four or five. But when you have ten, at the end of the day somebody will be at your back and you cannot defend your back all the time. Eventually he was okay. He ended up at the hospital as a UFC champion.

So the reality of multiple attackers is ugly. It's not nice, and you have to understand that. So you have to be preemptive and you have to strike first. You have to know how to knock out. You have to move from one to another, trying to break through the easiest first exit you can do and get to a place and get some help. That's the only way you can do it.

Jeff: So let me ask you this. You have four guys in front of you and you know you're not getting out of this fight. You're going to strike preemptively and you know you want to knock out this guy. He's the guy in front of the door. You want to knock him out and get through the door.

Moni Aizik, what is the best knockout move? If you've got the preemptive strike in front of you, most people would think, okay, just haymaker punch. Just punch the guy in the face, and hopefully that knocks him out. Right? What is your number one go-to—I've got a preemptive strike. I'm going to knock this guy out. What's your go-to move that you think has the best change of knocking the person out? The type of strike that you would use and what your target would be to knock him out.

Moni: Well, there are a few things. Number one, it's all in our Commando Krav Maga system. So everybody who joins the system, when they get to a level four or five is getting the multiple attacker part. It's also in the CKM University Online. It's very detailed. It's a very organized way. But most of the time what we're using is what we call a fake. So we're doing a small fake move to put attention to one direction, and going from the other side with the other direction and doing the knockout.

Most of the knockout move will be with an open palm. Not with fist. Because you can break your knuckles easily. We're using the palm of the hand to knock out. We do knock

out to certain parts of the head that definitely people will be knocked out. So the fake move is to put attention. For instance, I can fake a small left low kick to the knee. A very quick one, but just fake it. When I do so, actually I'm low to the other side. If I'm doing a left, my right side going back, and I'm ready to go with my right and then I'm going to the face.

Another thing we do is what we call a check, which is we throw, let's say it's the left hand, to the nose, and push it away and come in with the right to the back of the head as a hammer fist, and so on. But definitely guys will have to join the Commando Krav Maga or the CKM University Online and see all of that, because it's a fascinating class.

The misfortune about all of that, you cannot take your partners and start practicing on them.

Jeff: Not willing partners. Yeah. Don't tell them you're going to knock them out before you actually start knocking them out. But you're right.

Moni: Exactly. The knockout situation exists, and we have now mixed martial arts and we can see what's working and what's not. So it's not any magic touch, touch with one finger and he's falling. It's all about real knockout. And this is what you have to know, how to be precise, how to be absolutely loaded when you go through and there is no hesitation. You're going to actually take this person down and take him as fast as possible. That's the only way for you to survive.

Jeff: Yeah. Yeah. Moni, most self-defense schools that are out there, they don't often train in multiple attacker defense. Even like you said, in your system you've got to go through a few layers because you've got to build a foundation for this. So a lot of schools don't train it. However, we want people to be as ready as possible, as soon as possible. Right? The reality is that if you are attacked out in the real world that it can be a multiple attacker.

So what is maybe a safe training drill that we can leave people with that they can train with multiple attackers, or at least start to get the basic framework of what it's like, even just to get that exposure, even just to get the mental—that combative mindset of what it's like to be struck by several people or be in a fight with two, three or four more people.

Give us some sort of a step-by-step drill that somebody can do, even if they're training alone, that they can use to be able to be better prepared today for a multiple attacker fight?

Moni: Number one, we do it normally for high levels. We do the multiple attacker with real drills. We do six, seven and eight. We have an eight-level system. When we do that we do it as real as possible. Obviously, taking into consideration safety in mind. People have to be in good shape because there is a chance that people will get hurt. There is always chance for injury. The more you are in shape, there is less chance for injury. You

have to have a protective environment, in the sense of mats and walls, that you are not going to crush and so on.

One of the drills, for instance, we put a pad in one [inaudible 00:24:56]. This pad will be at the end of say the training area. The group is standing about, say, 20 feet away from that. So groups surrounding you. You are 20 feet away from your safety. Your safety is this pad. If you are able to get to your pad, you will survive. How is a group going to attack you when you are in many different situations, standing on your feet, lying on your back, sitting. They're going to attack you from many different directions.

Practically—and I can tell you that—every time we experiment that, the only people who survive are those who really, really run as fast as they can, and maneuver in between, and trying to be tricky and not go directly to the target, but kind of maneuvering in a way that it will be hard to predict where they're going, and eventually is going to where they need to go.

The only drawback about that is that we cannot know knock out people. So even if I'm throwing as I'm escaping a punch, my punch will not be any way to knock out. It will be a punch to actually symbolize a knockout. And that is something that you have to understand. Otherwise, if you're going to work as real as it gets nobody will train with you, because most of them would be knocked out and damaged.

So everything has to be done with understanding what the street is like, but you have to go through is this real, especially when you have a physical condition to do that without getting injured. Because it's so easy to get injured. You have to understand. If four people are jumping on you, the main things that happen—the first thing to happen is that you're falling to the ground. You're falling to the ground, and three people on top of you. And if the floor is concrete you're going to pretty much hurt your knees, your ankle, your back, your head and your neck, your elbow. Even if you are somehow trained, it's still going to happen. So for that reason it's not sexy, it's not juicy. It is reality.

Reality is you need to stand on your feet, knock out people and get the hell out of there as fast as you can. That's the reality. But the dream is actually very interesting. Because every time we do that we see that only the people who really can survive were those who would throw a strike first and running as fast as they can, they have a better chance to survive.

Now, what if the shelter will not be only, I don't know, 30, 60 feet away? It's going to be 100 feet away? Then what kind of shape are you in? Take into consideration that you fear for your life and your heart rate now is going to 180 to 200 already. So definitely this is going to be a very interesting drill for people to do when they already have some foundation. Not before that, because it could be dangerous.

Jeff: The other thing I'm thinking of also, just because every—I mean, you've talked about movement so much that that's something you don't need to have 12 people there to go and practice. Like you said, erratic movement that isn't predictable,

being able to use your environment to your advantage, whether it's a parking lot or whether it—you're not supposed to be walking down dark alleys. So it's not like dumpsters and things like that. But places that you would normally get attacked. Even if it's at your front door and things like that.

So when movement is that critical, it seems like even just having—even if it's just the lone person who doesn't have access to a local martial arts studio or anything like that, they can get your videos. They can go to CKMOnline.com and things like that and go to the online university. They can learn these tactics.

But then to apply them, even if it's just you in your home talking to people that re-listening to this, is—even if it's just out in your driveway, and you can simulate a parking lot attack, and you can set up a BOB training dummy or just something. Even if it's just shadow—take your preemptive strike and then see what it's like. How hard is it to get over the hood of your car or around your car? Then maybe have another target on the other side, another BOB training dummy or another imaginary target or something there.

But just get used to how do you move, because that is such an important factor when it comes to surviving against multiple attackers. So it seems like that might be something you don't even need training buddies for it and you don't need to go anywhere for it. You can just use your techniques, tactics that you have in your videos, and apply them with movement in these realistic surroundings. It seems like that would also be very helpful.

Moni: It's an excellent point. I want to stress that. You can actually train maneuverability, which is very, very important. How to maneuver between different objects as fast as you can in unpredictable ways. We have that in the *Elite Combat Fitness* DVDs that I have. We have six DVDs. And we have a lot of movements that are—basically, all the *Elite Combat Fitness* is to keep you in the best shape for street fight, for reality, and not to just look buff and so on. You have to have a functional type of fitness. That's what I'm doing until my old age.

When it comes to maneuverability, yes, the thing with maneuverability is that you have to move fast between different objects and so on. But the point is in street fight, when you are surrounded by people that want to attack you, they are moving themselves. So objects don't move. People move. So this is different to practice.

So yes. First you can practice with an object, how to move fast in between, around and so on. But eventually you will have to have a moving target that's actually following you and trying to catch you. That's where the training has to be more intense, and this is what we do in our system. But it's an excellent point. Some people really know how to move their body in a way that it will be almost impossible to catch them.

Jeff: Yeah. Yeah. Totally. Moni, this is a really hot topic. I think this is a topic that a lot of people are really curious about, but have a lot of questions about. You've given

some really actionable tips that people can walk away with right now, and be able to put to use even in their own planning for self-protection, but then also in your own training as well.

Listen, everybody. I've known Moni now for over 12 years. I've been a huge fan ever since he came out with the Commando Krav Maga fighting system. It's some of the most realistic stuff. You really see how easy it is that somebody gets choked out. You see so many different realistic approaches to this stuff, because Moni built this system specifically for the reality of a street attack and the reality of the battlefield out there, even for Special Operations.

So this is a very practical system. He has been building up this online university over the last few years. Just launched it. It's a really incredible system. It's got a lot of online stuff there, a lot of things that we're talking about, a lot of the foundational things as well. So I definitely say go over and check out his website. Go over to www.CommandoKravMaga.com. Also, go over and check out the online system over at www.CKMOnline.com.

Until our next *Modern Combat & Survival* broadcast, this is Jeff Anderson saying prepare, train and survive.